

# Woman's Page

**How to Make It—Graham Nut Bread—Roquefort Cheese Salad Dressing—Sleeping With Mouth Open—Inflamed Joints—What Dress to Wear—Cocoanut Oil—Advice to Young Girl—Granulated Lids.**

## RUSSIAN SALAD

A request for "Russian salad dressing" arouses my curiosity as to what some cook has, quite independent of tradition, given that name. As far as my experience in a number of countries goes, the salad dressing served with Russian salad is the mayonnaise alone, or for more exquisite salads a mayonnaise mixed with a bit of gelatin or highly seasoned meat jelly (aspic) melted.

In some cases if a fine salad is wanted each of the ingredients is mixed with a French dressing (mayonnaise), and allowed to stand for an hour or more before they are put together, and served with a mayonnaise. Perhaps it is the effect of the two dressings that my reader refers to when she says: "It is delicious, and I wish to make it at home."

As to how a Russian salad is different from a French macedoine or jardiniere (the gardeners' wife's sal-

ad) it might be hard to decide, in some countries, but there is probably no doubt but that in Russia smoked salmon and other fish are used in it. As it became popular in other countries only the mixture of cooked vegetables has been used, peas and carrots being essential.

Russian salad in Italy is defined as "all kinds of cooked vegetables cut up together and served with mayonnaise."

The recipe for "Insalata alla Russa" in the cook book of the city of Genoa may be translated as follows: Make a good meat jelly; then a good mayonnaise dressing. Take mushrooms and artichokes for decoration. Cut up beans and carrots well and cut in thin slices a young tender lobster, well cooked and removed from the shell. Take a little gelatin melted in water and add it little by little to the mayonnaise. Put into a mold first a little of the meat jelly. Spread then on this some slices of lobster; then a layer of the mayonnaise mixed with the gelatin. Then put on the mushrooms and artichokes with some pickled watermelon and a few capers. Then put on the mayonnaise and let it set. Turn out and serve.

## MORE ECONOMICAL RUSSIAN SALAD

This recipe is certainly unique and purely Genovese. It is followed by: The first essential, as above, is a good mayonnaise. Then put together, asparagus, pumpkin, the points of asparagus, whatever vegetables you choose, make them to mold and grow cold in the same way as above, and serve.

Arturo says that the thing called Russian salad (insalata Russa), "now the mode for dinners," has the fundamental characteristic that cooks slip together what they please. He states that he makes it simply of lettuce, beet root, green beans, potatoes, carrots, capers, little cucumber pickles, salt anchovies, and a hard-boiled egg. He cuts up and arranges these, according to his own fancy, and then makes a mayonnaise. He prepares a gelatin, puts a layer of it into a mold, and arranges on a layer of it different colored vegetables, et cetera. The greater the cook the more elaborate is the mold of this mixture which he prepares. A quarter of a century ago about the only salad one could get in our large American ho-

## ATTRACTIVE DRESS FOR COOL DAYS



tels was this Russian salad decorated outrageously with chicken made of cooked turnip and all sorts of fantastic things made of beet root. It was the heavy thing which gave that false idea of what a salad ought to be, which we have not yet outgrown.

## SALADE RUSSE

The following is a famous Belgian cook's recipe:

"There enters into the composition of this salad an infinity of vegetables. One can mix with the vegetables little pieces of fowl, of red tongue, of fish, the whole cut in dice and some smoked salmon. It is necessary that it be highly seasoned and served cold. Cut in little dice a handful of cooked potatoes, carrots, and beet roots. Put into a bowl with the same quantities of little pieces of cauliflower, not cooked too soft, some green beans in dice, some fine peas, a quarter of a pound of smoked salmon, some filets of sole or other fish, the whole cut in pieces of the same size. Season with salt, pepper, oil and vinegar; cover and let marinate for some hours. Add at the moment of serving three or four tablespoons of mayonnaise in a gelatin (with gelatin) well seasoned, which you have beaten to a cream on ice. Dress in a dome form and cover with mayonnaise. Decorate with details of pickles, of beet root cut in rounds and crescents, with capers and filets of anchovy."

## GRAHAM NUT BREAD

One and one-half cups graham flour, two cups white flour (or two cups graham flour and one and one-half cups white flour), one cup nuts, two cups sweet milk, one cup sugar, one teaspoon salt, one teaspoon soda, one teaspoon baking powder. Bake thirty or forty minutes and wrap in flannel while warm.

## ROQUEFORT CHEESE SALAD DRESSING

Make an ordinary French dressing of one teaspoon salt, one-half teaspoon white pepper, three tablespoons olive oil, one tablespoon vinegar. Stir until smooth and thick, then work into it one tablespoon Roquefort cheese, which has been crumbled and mashed fine with the back of a silver fork. The cheese should be blended smoothly with the French dressing and put on the lettuce, as would be done with any dressing.

## SLEEPING WITH MOUTH OPEN

The habit of sleeping with the mouth open results in dull eyes and a sagging flaccid mouth, which in time displaces the muscles of the jaw. You may correct the defect by passing a bandage over the head and under the chin at night for perhaps a month. Sleeping upon the right side, instead of on the back, will also help you to overcome the habit.

## FOR INFLAMED JOINT

Iodine or witch hazel will help but the main thing is to get the joint back into its normal position. To do this, first of all you must wear a shoe large enough to keep the toes from being pinched together. Put a piece of absorbent cotton between the great and second toes, large enough to keep them apart, then take an adhesive plaster bandage and "sandwich" the ball of the foot firmly, holding the joint in place. By doing this the inflammation will soon leave it and it will become normal.

## WHAT DRESS TO WEAR

When your face is red be careful in the color worn. A blue, yellow or lavender frock will make you look redder than ever, while a scarlet one makes one long to put in a fire alarm. A pink dress, though it gives color to a pale face, has the power of lessening the painful hues of a burnt face. White does not heighten the flaming hues, but the best choice is a low-necked black frock; not low enough to show a line between burnt skin and the sun-shielded portions.

## DON'T USE COCOANUT OIL

Don't use coconut oil on your face. It is too heavy and will cause a growth of hair. Massage the face daily with a good skin food and at night when retiring put a good portion of it on the face to become absorbed in the skin. This will feed the tissues and will fill out the cheeks. I shall be glad to send you the formula for skin food with complete instructions for facial massage if you will send me a stamped addressed envelope.

## HEART INTEREST PANAMA STORIES

Of course you would like to take a trip to Panama and see the mighty wonders of the great canal, but it would require much time and money. The Standard offers a better way to make the trip. Clip the Panama certificate printed elsewhere in this issue and learn how you may come into immediate possession of "Panama and the Canal in Picture and Prose," a book that not only tells the complete story of the canal, but also sets forth a wealth of interesting stories concerning the country and the people.

Practically all of the information you would get by taking a trip to Panama would be that which you would get through the sense of sight. This new illustrated book introduces scenes far removed from the usual path of the tourist. It tells you of the queer natives that eat lizard; of the dress and customs of the inhabitants of the Zone; of the peculiar flowers of the jungle; of the fortifications, taxes, commerce, diplomacy and politics of the canal district.

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The Standard wants every one of its readers to have a copy of this beautiful new illustrated book, and with that end in view a certificate is printed daily in these columns, six of which enable the bearer to get it when accompanied by the small expense amount which covers the actual cost of the various expense items of distribution. Look for the certificate and clip it today.

## NAMED UNCLE SAM'S PRETTIEST GIRL



Miss Marie Taylor.

Grand Duke Michaelovitch, the czar's cousin, who is being winoed, dined and treated by Newport society, has bestowed on Miss Marie Taylor, the daughter of Mr. and Mrs. J. L. Taylor of New York, the distinction of being the most beautiful girl in the world, having come to this conclusion, so it is said, after he had made a collection of snap shots of the ladies he met at the fashionable Eastern resort.

The grand duke, who is regarded as a close student of feminine charms, and who is constantly on the watch for pretty women, has frequently declared that American girls are the most beautiful to be found anywhere.

## WOMAN BREAKS ARM.

Provo, Sept. 21.—Mrs. Mary E. Snow of the Bonneville ward, sustained a fracture of the right arm today by a fall on the street, caused by an obstruction in the shape of a stake.

## LARGE AUDIENCE LISTENS TO LECTURE

(Continued From Page Eight)

would have accepted the same authority's analysis of the food which the man consumed. Then good, ordinary common sense would have assured him that the commonplace act of adding matter to matter could not possibly cause indigestion.

"Observing students have not allowed the fact to escape their attention, that Jesus did take cognizance of the thoughts and deeds of men. He noted primarily if they were evil or wrong thinking which defiled men. We read that on one occasion he said, 'Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man.'"

Those things which proceed out of the mouth come forth from the heart, and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies. These are the things which defile a man." His analysis disclosed causation as mental rather than physical hence he healed the people by the power of his understanding, and he enlightened them,—quickened their comprehension and stimulated mental energy and activity. He took advantage of the simplicity of the faith of his hearers and furnished them with understanding, so that it could remove mountains of error. He was a recognized authority upon all questions, and he astonished every one with his wisdom and the patience and love which he displayed when dealing with their ignorance and misery. It was conceded that he "went about doing good."

"Jesus taught men how to pray and showed them how by right thinking and good behavior they could rid themselves of evil desires, habits, effects, and influences. Moreover, he insisted that they should be actuated and controlled by the same mind or consciousness which possessed and impelled him, and which he designated as his Father and their Father, so that they would be enabled to do for others as he had done for them. Jesus disclaimed credit for the great works which were wrought through him, for he modestly said, 'I can of mine own self do nothing.' But the Father that dwelleth in me, he doeth the works."

"Christian Healing Restored." For sixteen centuries, therapeutics as instituted by the Master remained dormant, but in these latter days Christian Science represents the restoration and re-establishment of its practice. Less than fifty years ago only one person on earth realized what Christian Science in this respect means to the world. Today many thousands are vividly conscious that it is wholly due to its teaching and practice that they are alive and able to say they are healthy and happy. If in less than half a century, much of which time was necessarily spent in overcoming the prejudices of mortals and dealing with the many problems incident to the formative period of all earthly undertakings; if during these trying years of the re-establishment of a religious practice which had been entirely neglected and in disuse for upwards of sixteen hundred years; if notwithstanding the almost uni-

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versal and persistent practice of ignoring God as the healer of the sick and seeking material means for relief and healing, no matter how utterly inadequate or futile—if in the face of all this Christian Science has adequately proved equal to the task of releasing from the bonds of thousands of people, are we not justified in saying there has come to their realization the fulfillment of Jesus' prophecy: 'He that believeth on me, the works that I do shall he do also; and greater works than these shall he do, because I go unto my Father.' And these signs shall follow them that believe: In my name shall they cast out devils; they shall speak with new tongues; they shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover."

"The world is wholly incapable of conceiving of the scope and character of the task committed to the discoverer and founder of Christian Science. Even those whose lives have been touched and transformed by the healing influence of her love and work confess their inability to comprehend its significance. Certain it is that her life of spiritual devoutness, self-sacrifice, and sweet simplicity; her loving

loyalty to God, the purity of her thought and purpose, and her consecrated faithfulness to the exalted ministry to which she was providentially called, has culminated in a movement which has as its ultimate the release of the human mind from its iniquitous bondage to sin and disease, and the abolition of the despotic tyranny of false belief. Blessings of this nature cannot well be confined to a single race or generation, but must extend to all nations and to all times.

"Thank God the mission of Mrs. Eddy has not been in vain! There is a vast multitude of people in this generation who momentarily give thanks that it was through her discernment, courage, and unwavering fidelity that their tears have been dried and their pain banished. Nor is this all. She has made clear and plain the way whereby all are to be redeemed according to the plan and purpose of an infinitely good God, and through the salvation of the indwelling Christ. If ever a people had occasion to hold in loving and tender memory the life of a noble, just, pure, and upright woman it has it now. I am sure that all who are conscious of this will agree that to her there is due the full significance of these words of the great apostle: 'I have fought a good fight, I have finished my course. I have kept the faith.'

Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day; and not to me only, but unto all them also that love his appearing."

## LEGAL

### NOTICE TO CONTRACTORS.

Sealed proposals for building sewers in Sewer District No. 119, being Hudson avenue from 22nd to 24th streets, and Larkin avenue from 19th to 20th streets, under plans and specifications prepared by the City Engineer and approved by the Board of City Commissioners, will be received at the office of the City Engineer in the City Hall at Ogden City, Utah, until 10 o'clock a. m., on the 5th day of October, 1913, at which time all proposals received will be publicly opened and read aloud.

Plans and specifications can be obtained upon application at the office of the City Engineer after September 23, 1913.

The right is reserved to reject any or all bids and to waive any defects. By order of the board of Commissioners.

H. J. CRAVEN,

City Engineer.

First publication September 12, 1913.

Last publication October 4, 1913.

### NOTICE OF INTENTION.

Notice is hereby given by the Board of Commissioners of Ogden City, Utah, of the intention of said Board to make the following described improvements, to-wit:

To create Ballantyne avenue from 20th to 21st streets for a distance of 759.0 lineal feet, as a sewer district, and to construct therein a pipe sewer together with the necessary manholes, and to connect all with the manholes of the present sewer system, and to defray the whole of the cost thereof, estimated at \$900.00, by a local assessment on the lots or pieces of ground lying and being within the following district, being the district to be benefited or affected by said improvement, viz:

All the land lying between the outer boundary lines of said avenue and a line drawn 132 feet outward from and parallel to the said outer boundary lines. Said district to be assessed for the cost of putting in the sewer between 20th and 21st streets on Ballantyne avenue.

All protests and objections to the carrying out of such intention must be presented in writing to the city recorder on or before the 2nd day of October, 1913, at 10 o'clock a. m., being the time set by said Board of Commissioners when they will hear and consider such objections as may be made thereto, at the mayor's office at the city hall, Ogden City, Utah.

By order of the board of commissioners of Ogden City, Utah.

Dated this 9th day of September, 1913.

H. J. CRAVEN,

City Engineer.

First publication September 9, 1913.

Last publication, October 1, 1913.

### NOTICE TO STOCKHOLDERS OF THE OREGON LUMBER COMPANY

Notice is hereby given that a stockholders' meeting of the Oregon Lumber Company will be held at the Company's office, No. 154 24th street, Ogden City, Utah, on the 29th day of September, 1913, at 11 o'clock a. m., for the purpose of voting upon the adoption or rejection of the following proposed amendments to the Articles of Incorporation to-wit:

Amend Article IV of the Articles of Incorporation of this Company by striking out the same, and substituting in lieu thereof the following:

Article IV. The objects, pursuit, purpose and nature of the business of this Company is to conduct, purchase and carry on the business of owning and operating saw mills, flumes, shingle mills, planing mills and all kinds of wood working machinery; to own, operate, sell and dispose of lumber yards; to buy, sell and manufacture lumber, lath, shingles, sash, doors, boxes, and all other products manufactured from lumber; to own, operate, manufacture, generate, store, transmit, buy, sell and distribute electrical current for heat, light and power; and to erect, buy, sell, lease and otherwise acquire, operate and maintain electric light, heating and power plants; to purchase, own, acquire, construct, sell and dispose of all kinds of real estate within or without the United States, either for the purpose of securing a supply of timber for the manufacture of lumber, or for the purpose of using such timber lands (when cleared) or other lands, for agricultural purposes of all kinds; to appropriate, acquire, own and use water of lakes and running streams for purposes of irrigation and supplying water for household and domestic consumption, watering livestock and for general irrigation purposes; to own, acquire, construct, operate and maintain irrigation systems or other water ways for the generation of electrical and other power, for general sale and distribution, and for the operation of its own mills, lighting, heating and power plants, and for the general distribution of water for sale and rental for irrigation, domestic and other purposes; and for the purpose of acquiring lands belonging to this Company and other individuals or concerns; and to dispose of any part or parts of such irrigation and power systems and water rights in such manner as the Board of Directors may from time to time determine; to buy, sell, lease, distribute or otherwise dispose of water and water rights; to build transmission lines for light, heat, power, telephone or telegraph purposes and to acquire, buy, own and sell franchises and rights-of-way for any of the purposes herein mentioned to own, buy, sell, encumber, or otherwise acquire or dispose of stock in other corporations with the right to exercise such stock ownership in the same manner as private individuals, and to have the right to conduct its business, in any or all of its branches, in any or all of the states of the United States, or without the United States."

Said meeting is also to consider and act upon any and all matters which may properly come before it.

D. C. ECCLES, President.

HENRY H. ROLAP, Secretary.

Ogden, Utah, August 19, 1913.

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